

IN THE LIMELIGHT: GUAVA



Have you ever tried guava? While this fruit may seem exotic, it is really delicious and simple to eat! Guava is native to the warm tropical areas of the U.S. including Florida and California. The flavor is delicate and floral, like a mix between a strawberry and pear. When ripe, the whole fruit is edible (skin and all!) and does not take much work to prep.

After rinsing the outside off the guava with water, it is ready to eat. Slice up the guava like you would an apple, and don't be afraid to eat the whole slice, rind and seeds included. The rind of a guava has more vitamin C than an entire orange! If you prefer not to eat the rind, use a spoon to scoop the flesh of the fruit out, like you would an avocado.

When is it ripe?

When a guava is ripe, it goes from dark green to a lighter, yellow-green color. A fully ripe guava may have a slightly pink hue to it. The fruit should be soft and give under your fingers when gently squeezed. Also, use your nose! A ripe guava will smell sweet through it's skin, letting you know it is ready to be eaten.

How do you store it?

Allow hard, unripe guava to ripen at room temperature. To speed up the ripening process, you can place the guava in a paper bag with a banana or apple. Just remember to check on its progress so it doesn't get overly ripe! When guavas are fully ripe, they can be stored in the refrigerator for up to two days. Sliced guava can be frozen to last longer and be used in smoothies.

THIS WEEK'S SHARE

Golden Beets
Navel Oranges
McIntosh Apples
Red Potatoes
Carrots
Lettuce
Guava
Bonus

LOCAL FARMS

Schwebach Farm
Silver Leaf Farm
White Mountain Farm



Why Guava?

One of the main goals of our weekly share is to make fresh produce accessible and affordable. We work hard to provide familiar fruits and vegetables, and strive to source local and organic whenever possible. During the winter months there is less diversity in what we can source locally. We see this as an opportunity to keep the share exciting by offering non-local seasonal produce (guava is in season from November-April!) that might be unfamiliar so that we can guarantee variety. By sourcing our produce from near and far, we feel that our Weekly Share stands out as a unique way for families to access fresh fruits & vegetables each week.